

[LANDROWLER]

Abstract

A stationary rowing machine or rowing simulator, were the cockpit components of an elite rowing shell are used where practical. The motion of the rower as occurs on the water is then transferred by a $\frac{1}{4}$ size pulley that is located roughly 18" outboard of the oarlock . The pulley is connected to a cable transferring the rowing motion to bicycle wheels, at stern and bow ends, that sit on rollers with grooves that detain the tires. The rowing machine frame and roller frame are coupled together in a way that causes them both to swivel on a radius at the proximity of that occurring in an elite rowing single. The spinning motion of the wheels offers counter-balance allowing the rower to achieve balance. The rowers weight rests on the wheels replicating the weight of the rower as it would rest on the hull of the boat running on the water.